

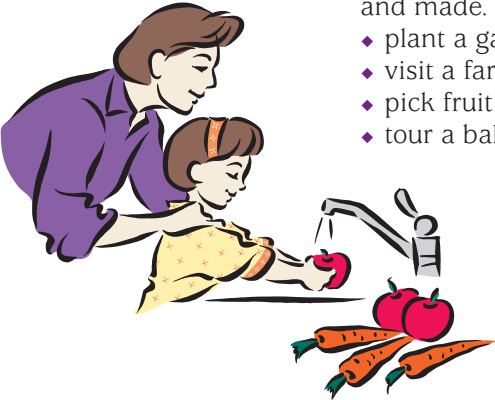
How can I make mealtimes happy?






- ◆ Make mealtime a family time. Children like to eat with other people. Sit down and eat meals with your child.
- ◆ Try to have meals and snacks at about the same time every day.
- ◆ Do not bribe, play games, or force your child to eat. Children need to control their own eating.
- ◆ Expect your child to spill sometimes. Your child can use a child spoon or fork. You can start to teach your child good table manners.
- ◆ Relax and enjoy your meal. Do not make your child’s eating the center of attention.
- ◆ Keep the TV off during meals. Make mealtime a quiet time for talking.
- ◆ Set a good example. Eat many different kinds of food. Your child will want to eat what you eat.

How can I get my child interested in eating healthy foods?

- ◆ Kids like to help plan meals and shop. Let your child help pick out fruits and vegetables at the store. Try to go when your child is not tired or hungry.
- ◆ Kids also like to help in the kitchen. Even a 4 year old can wash fruits and vegetables, tear lettuce for a salad, cut up soft fruits with a plastic knife, or stir batter for muffins.
- ◆ Your child can set the table and help clean up. Your child will be proud to help!
- ◆ Your child can help you fix fun, healthy lunches for preschool or kindergarten.

- ◆ Kids love to learn about how foods are grown and made. Here are some ideas:
 - ◆ plant a garden or even a few plants in pots
 - ◆ visit a farm or fruit stand
 - ◆ pick fruit
 - ◆ tour a bakery or dairy



Sample Menus for Your Child		
	Day 1	Day 2
 Breakfast	1 scrambled egg 1 slice toast 1/2 cup milk 1/2 apple, sliced	1/2 cup cereal 1/2 banana 1/2 cup milk
 Lunch	peanut butter sandwich (2 slices bread, 2 tablespoons peanut butter) 1/3 cup peas 1 ounce small cheese pieces water	3/4 cup vegetable beef soup 1 tortilla or 4 crackers 1/2 cup yogurt water
 Snack	3/4 cup dry cereal 1/2 cup juice	1 slice toast with 2 tablespoons peanut butter water
 Dinner	3 tablespoons baked chicken 1/3 cup mashed potatoes 1/3 cup broccoli 1/2 cup milk	soft taco with beans and meat (1 tortilla, 1/4 cup beans, 3 tablespoons meat) 1/3 cup rice 1/3 cup cooked carrots 1/2 orange, sliced 1/2 cup milk
 Snack	4 graham cracker squares 1/2 cup milk	8 animal crackers 1/2 cup milk



Always wash hands
before and after eating.

Children this age only need 4 to 6 small servings of milk or milk products every day. No more than 24 ounces (710 milliliters) of milk per day. All milk has the same vitamins and minerals, whether it is nonfat, 2% or whole milk. Limit juice to 1/2 cup (120 milliliters) per day. Serve fruit instead of juice when you can. If your child is thirsty at other times, offer your child water instead of sweet drinks. Sweet drinks like pop, Kool-Aid®, and juice drinks can make your child feel full.

Warning: Children under age 4 can choke on foods like hot dogs, popcorn, nuts, raw carrots, grapes, jelly beans, gum, and hard candy. Avoid these foods. Cut hot dogs into very small pieces.

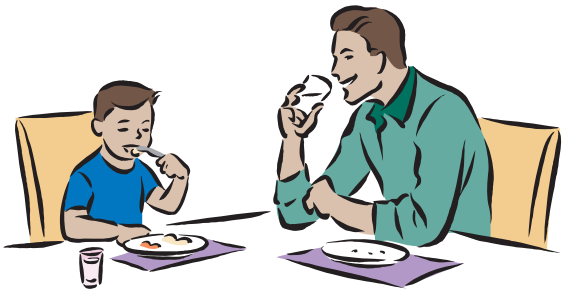
Feeding Your
3 to 5 Year Old



This is my goal: _____

Food Guide Pyramid

Feeding your 3 to 5 year old



Children know **how much** they need to eat. But they do not know **what kinds** of foods they need.

When it is time to eat, offer your child healthy foods. **You** decide what to serve and when to serve it.

Your child will decide how much to eat from the foods you serve.

- ◆ Serve your child 3 meals and 2 snacks every day.
- ◆ Serve a variety of healthy foods every day.
- ◆ Children eat more on some days than others.
- ◆ What your child eats in one day may not match the food guide. Think about all the foods your child eats over several days.

One Serving Is About...

6 to 11 servings each day

Breads, Grains, Cereals

- Bread slice, tortilla, roll, muffin, pancake, waffle.....1/2
- Dry cereal.....1/3-1/2 cup or 80-120 mL
- Noodles, rice, cooked cereal.....1/4-1/2 cup or 60-120 mL
- Crackers.....2 small
- Offer your child some whole grain foods every day.

3 to 5 servings each day

Vegetables

- Cooked.....1/4-1/2 cup or 60-120 mL
- Raw.....1/4-1/2 cup or 60-120 mL
- Offer your child a dark green or yellow vegetable every day, like carrots, broccoli, spinach, sweet potato, or squash.

2 to 4 servings each day

Fruits

- Fresh.....1/2-1 small
- Canned or frozen.....1/4-1/2 cup or 60-120 mL
- Juice.....1/4 cup or 60 mL
- Offer your child a good vitamin C fruit every day, like orange, strawberries, melon, mango, papaya, or juices.

4 to 6 servings each day

Milk Products

- Milk or breast milk.....1/2 cup or 120 mL
- Cheese.....3/4 ounce or 20 g
- Cottage cheese.....3/4 cup or 180 mL
- Yogurt, pudding or custard made with milk.....1/2 cup or 120 mL
- Frozen yogurt, ice cream.....3/4 cup or 180 mL
- Give your child whole milk up to age 2, then lowfat milk.

2 to 3 servings each day

Protein Foods

Animal Protein

- Meat, chicken, turkey, fish.....2 tablespoons or 30 mL
- Eggs.....1

Vegetable Protein

- Cooked dry beans, lentils.....1/2 cup or 120 mL
- Peanut butter.....2 tablespoons or 30 mL
- Tofu.....1/2 cup or 120 mL
- Meat and beans have the most iron!

Fats, Oils, and Sweets

Fats, Oils, and Sweets

Give your child these foods once in a while.



Start with small servings. Give about 1 tablespoon (15 mL) of each food for each year of your child's age. For example, if your child is 4 years old, serve your child 4 tablespoons (60 mL) of vegetables and 4 tablespoons of rice. Let your child ask for more.



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